

# TIME TO RETHINK SUGARY DRINK?



**THERE ARE ABOUT  
16 PACKS  
OF SUGAR  
IN 1 600ML  
BOTTLE OF  
REGULAR  
SOFT DRINK**

**47%  
OF CHILDREN**

The 2007 Australian National Children's Nutrition and Physical Activity Survey found that 47% of children (2 to 16 years of age) CONSUMED SUGAR-SWEETENED BEVERAGES (INCLUDING ENERGY DRINKS) EVERY DAY

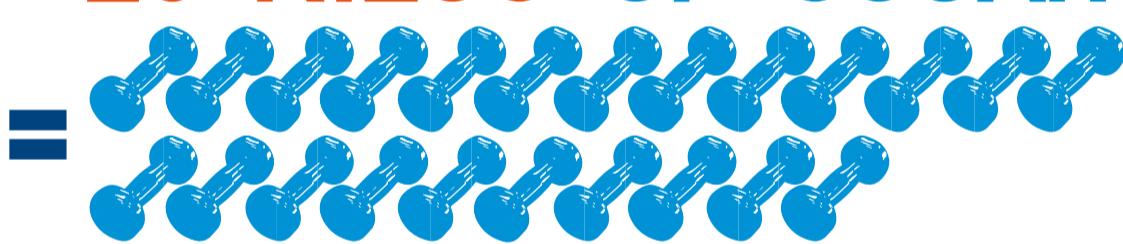
**6.75KG  
WEIGHT  
GAIN IN ONE YEAR**

It has been estimated that consuming one can of soft drink per day could lead to a 6.75kg weight gain in one year (if these calories are added to a typical US diet and not offset by reduction in other energy sources)

**DRINKING A CAN OF SOFT DRINK EACH DAY**  
will significantly increase your risk of  
**TOOTH DECAY  
AND EROSION**



If you drink 1 x 600ml regular soft drink every day for a year you will drink  
**23 KILOS OF SUGAR**



**AUSTRALIA IS IN THE TOP 10 COUNTRIES  
FOR PER CAPITA CONSUMPTION OF SOFT DRINK**

1 pack = 4 grams of sugar

**9 PACKS  
OF SUGAR  
IN 600ML  
SPORTS  
DRINK**



**1.28  
BILLION  
LITRES**

**THE AMOUNT OF  
CARBONATED/STILL  
DRINKS BOUGHT  
IN 2012**

In the 12 months to October 2012, Australians bought 1.28 billion litres of carbonated/still drinks with sugar, with regular cola drinks being the most popular (447 million litres)

**6 PACKS  
OF SUGAR  
IN 250ML  
ENERGY  
DRINK**

